



Friday




Sunny and hot
Lo: 76°F
Hi: 101°F

Saturday



Sunny and hot
Lo: 75°F
Hi: 98°F

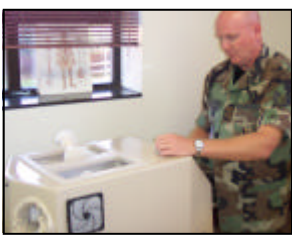
Sunday



Mostly cloudy
Lo: 75°F
Hi: 97°F

OTs get a grip on therapy

See Page 5



Lieutenant colonel tries to blast his way into Olympics
See Page 1B



Sheppard Senator



Combat Capability Starts Here

Vol. 57, No. 28Sheppard Air Force Base, TexasJuly 16, 2004

Breakfast of champions

80th FTW Commander, Shirt take morning to listen, discuss issues with Airmen

By 1st Lt. Nathan Broshear
Base public communication

Col H.D. Polumbo really looks forward to breakfast. But some mornings are particularly rewarding for the 80th Flying Training Wing commander and his first sergeant, Senior Master Sgt. A.J. Alderete, when they join members of Team ENJJPT for pancakes, bacon and a one-on-one chat.

The meetings, which are held periodically, are a chance for young Airmen, non-commissioned officers and company-grade officers of the Euro-NATO Joint Jet Pilot Training program to speak one-on-one with the wing commander and get instant answers to questions that might not normally make

their way to his desk.

For the commander, breakfast with the men and women who keep the wing running smoothly is a valuable insight into the issues that affect the future of the Air Force and operations here at home.

"The Airmen working in the RAPCON or tower today are the same Airmen who our student pilots will work with in Afghanistan, Iraq and around the world," Colonel Polumbo said. "It's important that we make them understand early on that they've got a support system here in our Air Force family — we're here to help them succeed so we can all get the mission done."

Col Polumbo's first words were naturally the issue that most concerned him — safety.

"Take care of each other," he began. "There are responsibilities that come with age, rank and our uniform."

The commander then explained that he knows peer pressure, alcohol and outside influences can create a lot of problems in an Airman's life, but that together everyone can have fun and still be responsible.

"A designated driver is a lifesaver...period," he stressed.

The free-flowing banter brought out a variety of issues from Honor Guard participation (the 80th plans to increase its number of members), suicide prevention ("we all need to recognize the signs of depression in our coworkers") and the consistency of the syrup at the dining

facility (according to attendees, it's the thickest they've ever seen).

The mood at breakfast was calm and reserved at first, but as the meal went on, the Airmen had more candid comments for their leaders.

One Airman commented that his dormitory room needed maintenance and that he'd "called it in" several times. The colonel simply responded, "Well, you didn't call me!" as the group laughed together.

Senior Master Sgt Alderete made a note to himself to get on the issue.

This "tag-team" approach to problem solving has worked well for the 80th.

"I've found

that as a commander, I can't be everywhere at once," Colonel Polumbo said. "But with the outstanding relationship that I have with the shirt, we can tackle issues with a variety of perspectives, ideas and solutions."

Another controller wondered about the future of his job at Sheppard with all the talk of civilianizing certain positions. Colonel Polumbo explained the intricacies of NATO and U.S. budgetary constraints quickly, being sure to stress that no matter what the end result, "you'll always have a job as a controller...we're always going to need people with your skill in Europe, Iraq and at deployed locations around the world to ensure that we operate safely and get the mission done."

Airman Zachary Miller, an

air traffic controller at the 80th Operations Support Squadron, thought the colonel's remarks were enlightening.

"These are big issues," he said. "I'm glad we had the opportunity to understand how cost-sharing and other issues involving our job are on his mind. Now it's all clear."

Airman Amy Pearson, a clerk in the 80th FTW orderly room, said breakfast with the boss is more than just a chance to shake hands or engage in pleasantries.

"It's great to know that our boss is honestly interested in our lives," she said. "In fact, Colonel Polumbo is the first wing commander that knows my first name and my daughter's — it's clear he really cares."

On the Inside

NSPS about job satisfaction

The new National Security Personnel System will improve the working environment within the Defense Department while creating a more satisfied, more productive work force, Navy Secretary Gordon England said July 7.

"That's what this is about: great job satisfaction," Secretary England said. "We want everybody to go home every night and brag about the great job they accomplished that day. That is what we are trying to accomplish."

For full story, see Page 2.

CSAF sight picture

The foundation of our Air Force is our people. Caring for them and their families remains one of our highest priorities.

One way we're making good on that commitment is by providing safe and affordable housing. We are committed to providing our Airmen the quality of housing that is commensurate with the society they protect.

For full story, see Page 7.

Civilian promotions released

The following Department of Defense civil service employees were recently promoted:

Robert Hemmingson, 364th Training Squadron; Cheryl Clemons, Field Investigations; Marietta Sojo, 82nd Comptroller Squadron; David Gass, 82nd CPTS; and Charlotte Walker, 82nd CPTS.

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Power to the People

New commander believes in letting people do what they are trained to do

By Airman 1st Class Jacque Lickteig
Staff Writer

The new wing king is in full swing now and recently shared his leadership philosophy during an already-jammed schedule July 9.

Brig. Gen. James Whitmore's sharp demeanor personifies that of a fighter pilot. But, that softened as he prepared for his first interview with the Sheppard Senator, setting the tone for more of a warm conversation than a quick Q&A session.

As a fighter pilot chases a bogey, General Whitmore quickly conveyed his ideals of what his plans are for taking Sheppard to the next level. The 6-foot-2-inch man eased back into his chair as his crisp, brown eyes scanned the questions he'd received prior to the interview.

"I think the most important thing a leader can do is empower his people to make good decisions," General Whitmore said. "Be there for them, give them general guidance and make sure they have everything they need to



Brig. Gen. James Whitmore, 82nd Training Wing commander, believes if people are allowed to do what they are trained to do, the mission will be completed.

Photo by Airman 1st Class Jacque Lickteig

accomplish their jobs. Then, get out the way and be their biggest cheerleader."

He credits the development of that philosophy to his experiences with leaders who've tried to do his job for him.

"I know what that's like, and I didn't appreciate it," he said.

He acknowledged Sheppard members' expertise in training students and said he doesn't need to be a training expert; he needs to be able to work with the people who are.

"Leadership is all about dealing with people," the general said, "regardless of whether you're talking about generating combat sorties or putting students through a training pipeline."

He then explained his appreciation for the mission at Sheppard, recognizing Sheppard's priority is producing the best-trained, combat-capable Airmen.

As the commander of the 455th Air Expeditionary Wing at Bagram Air Base, Afghanistan, he saw firsthand the fruits of Sheppard members' labor. Many of the Airmen at Bagram recently

graduated from Sheppard, he said.

"Some of them had been in the Air Force only seven or eight months, and they were already in a combat zone doing their jobs," General Whitmore said about those Airmen. "They knew their jobs, they were motivated and dedicated and they had a strong sense of mission. So, I know that we're doing things right at Sheppard. We just need to keep looking for ways to do it better."

He said he also wants to focus on a concept he learned from being a fighter pilot — the wingman program. In the fighter business, pilots never fly alone, and they look out for one another. He said he wants the Airmen here to learn and live that concept, so when they are in a combat zone, they do the same, his voice emblazoned with conviction.

Sorrow swept over his face as he told the story of an Airman who stepped on a land mine at Bagram March 13. He witnessed the wingman concept.

See WHITMORE, Page 4

Little Rock Airman killed by roadside bomb in Iraq

Courtesy of Air Education and Training Command News Service

LITTLE ROCK AIR FORCE BASE, Ark. (AETCS) — An Airman assigned to the 332nd Air Expeditionary Wing and attached to the U.S. Army's 494th Truck Company at Balad Air Base, Iraq, was killed in action July 11.

Staff Sgt. Dustin W. Peters, 25, of El Dorado, Kan., died when the convoy he was riding in encountered an improvised explosive device near Forward Operating Location Summerall.

Sergeant Peters served as the noncommissioned officer in charge of equipment support for the 314th Logistics Readiness Squadron here before his deployment to Iraq.

"We lost a valuable member of the Little Rock Air Force Base team and our

Air Force family," said Col. Joseph Reheiser, 314th Airlift Wing commander. "Sergeant Peters will be missed, but his dedication and sacrifice will never be forgotten."

"Right now, our efforts are focused on providing his family and friends the support and assistance they need," he said.

Sergeant Peters entered the Air Force on Jan. 29, 1997. After completing basic military training at Lackland Air Force Base, Texas, he attended technical training at Fort Leonard Wood, Mo., graduating as a vehicle operator journeyman.

Before arriving at Little Rock Air Force Base on Nov. 28, 2000, Sergeant Peters had assignments at Whiteman Air Force Base, Mo., and Andersen Air Force Base, Guam.

See AIRMAN, Page 4

Course trains Airmen to drive convoys in Iraq

By Staff Sgt. Melanie Streeter
Air Force Print News

WASHINGTON -- Riding in a truck through Iraq, manning a weapon and facing armed adversaries is not a scenario many Air Force vehicle operators thought they would see.

But that is exactly what more than 500 of these Airmen are doing -- driving convoys for the Army supporting Operation Iraqi Freedom.

Chief Master Sgt. Timothy Tate, Air Force vehicle operations career field manager, said a tasking for Air Force drivers to lend a hand came about during a sourcing conference attended by each of the four services.

See CONVOY, Page 4



Photo by Tech. Sgt. Scott Reed

A gun truck from the 2632nd Air Expeditionary Force Transportation Company moves along the main supply route from Baghdad to Tikrit with a 67-vehicle convoy in tow.

New civilian personnel system to add efficiency, satisfaction

By Donna Miles

American Forces Press Service

WASHINGTON (AFPN) – The new National Security Personnel System will improve the working environment within the Defense Department while creating a more satisfied, more productive work force, Navy Secretary Gordon England said July 7.

“That’s what this is about: great job satisfaction,” Secretary England said. “We want everybody to go home every night and brag about the great job they accomplished that day. That is what we are trying to accomplish.”

Congress authorized the new personnel system as part of the fiscal 2004 National Defense Authorization Act. It will introduce sweeping changes to the way the department hires, pays, promotes, disciplines and fires its 700,000 civilian workers, doing away with antiquated practices Secretary England said have bogged down the department for decades.

For example, it will consolidate nine separate personnel systems that now govern DOD civilian workers. Streamlining these systems into one “will make it easier to manage and certainly (will be) better for our employees,” Secretary England said.

The system will include faster procedures for hiring new workers, pay based on performance rather than tenure and “pay bands” to replace the current general-service pay scale, he said.

Details are still being worked out, said Secretary England, who was tapped by Defense Secretary Donald Rumsfeld to put NSPS into place. He said valuable input has

come from a variety of pilot projects, which he called “learning exercises to make sure we’ve got it right before we start.”

By the year’s end, Secretary England said he expects to publish in the Federal Register proposed regulations for the new civilian human resources, labor-management relations and employee appeals and grievance systems.

The first DOD civilians are expected to come under the new system in summer 2005, and DOD will phase in the system through late 2008, Secretary England said.

Despite these projected timetables, Secretary England said the implementation will be “event-driven, not time-driven. When we are ready we will do it, and not before.”

In the meantime, officials are seeking input from people throughout DOD to make sure they come up with the best civilian personnel system possible, Secretary England said.

“It’s a collaborative process; it’s not negotiating to an answer,” he said. “It is getting input from literally thousands of people around the country and around the world so we can understand their views.”

Putting the new system into place while continuing DOD’s mission will be a bit of a challenge, the secretary said.

“It’s a little like maintaining an airplane while it’s flying,” he said. “The process has to be thoughtful and reasonably measured.”

The new system, when fully in place, will benefit employees while making the department better able to respond to the challenges ahead, including the terrorism threat, Secretary England said.

“The whole premise is to have a highly



Photo by R. D. Ward

Secretary of the Navy Gordon England speaks to an audience at a Pentagon town hall meeting on July 7 on the new National Security Personnel System. England has been tasked by Secretary of Defense Donald H. Rumsfeld with overseeing the development of the new system.

effective work force ... that dearly loves to work for the Department of Defense, is well-trained and highly competitive,” he said. The result, he said, will be “a system that best represents our most valuable asset: our people.”

from Maj. Michael Fitzgerald July 8.

Lt. Col. John Bukowski relinquished command of the 363rd TRS to Maj. Joseph Baniak July 9.

The 82nd Medical Support Squadron welcomed Lt. Col. Joseph Kennedy Monday. Lt. Col. Phyllis Craft relinquished command Monday.

Finally, the 82nd Dental Squadron welcomed Col. Walter Thomas. Col. Steven Nevins relinquished command Thursday.

Briefly Speaking

ARC blood drive Monday

Sheppard and the American Red Cross will host a blood drive Monday to better last year’s output in a single day.

There will be six collection sites on Sheppard: the community center, student center, the small auditorium in Bldg. 1900, the study hall on the second floor of Bldg. 1025 and hanger 1012. Actual donor location site depends on the location of duty station.

Four American Red Cross buses will also be on base taking donations. For more information, call your group point of contact at:

- 82nd Training Group, Tim Robbins, 6-6113.
- 782nd TRG, Tech. Sgt. Jonathan Voigt, 6-1183.
- 882nd TRG, Maj. Elaine Dekker, 6-6531.
- 982nd TRG, Master Sgt. Marshall Choate, 6-3396.
- 82nd Medical Group, Staff Sgt. Caleb Gibson, 6-6025.
- 82nd Mission Support Group, 6-2877.
- 80th Flying Training Wing, Capt. Michael Belardo, 6-0428.

Leadership conference July 27

A free, on-site leadership conference will be held July 27 in the officers club from 8 a.m. to 4 p.m.

The one-day Creative Leadership Seminar is a great opportunity for Team Sheppard members to build leadership qualities with no cost to their unit. But, there are only 50 seats available.

Topics include defining and assessing creative leadership, self-leadership and goal setting and motivating and empowering the team. New leaders and seasoned vets are encouraged to take advantage of the seminar.

For more information or to sign up, call 1st Lt. Nathan Broshear at 6-7249.

Housing office announces yard of the month, quarter winners

The winners of the Yards of the Month competition for June were announced this week. The winner in the Senior Officer category, was Lt. Col. James Bruno, 209 Jupiter, 82nd Training Group. The Capehart officer winner was Capt. Kevin Pritz, 223 Jupiter, 88th Flying Training Squadron, and on the enlisted side was Senior Master Sgt. Leonard Krombel, 203B Matador, 373rd TRS. Bunker Hill winner is Staff Sgt. Chanda Parker, 111 Mars, 366th TRS, and the winner in Wherry is Petty Officer Leslie Cowan, 102 Childress, 366th TRS.

The Yards of the Quarter competition winner in the senior officer category was Col. Rebecca A. Russell, 225 Polaris, 82nd Medical Group. The winner in Capehart on the officer side was Capt. Tyler W. Sanders, 224B Jupiter, 382nd TRS and on the enlisted side Senior Master Sgt. Leonard R. Krombel, 203B Matador, 373rd TRS. Bunker Hill winner was Staff Sgt. Chanda Parker, 111 Mars, 366th TRS, and the winner in Wherry was Staff Sgt. Kevin J. Miller, 36A Beaumont, 82nd Civil Engineer Squadron.

New commanders take lead at squadrons

Six Sheppard squadrons have welcomed new commanders since July 7.

The most recent is the 82nd Civil Engineer Squadron where Lt. Col. Phillip Triplett Jr. took command today from Lt. Col. Greg Emanuel.

The 372nd Training Squadron held a change of command July 7 when Maj. David Belz took command from Lt. Col. Roger Rostvoild.

Maj. Maria Garcia took command of the 82nd Logistics Squadron

14 Airmen graduate from ALS

Base public communication

Sheppard has 14 Airmen primed for non-commissioned officer duties following their recent graduation from Airman Leadership School.

Members of class 04-F received their certificates during a ceremony June 25.

Senior Airman Christopher Walbroel of the 82nd Communication Squadron was awarded the coveted John L. Levitow Award, an honor given to the student "who is the most outstanding in objective and performance evaluations, demonstrated leadership and teamwork."

The Academic Achievement award went to Senior Airman Travis Edwards of the 382nd Training Squadron. Senior Airman Nicholas McCoy of the 362nd TRS earned the



Walbroel



Edwards



McCoy

Leadership Award for the class.

Also graduating from class 04-F were:

Staff Sgt. Charles Akujobi, 82nd Missions Support Squadron; Senior Airman Lakeesha Arnold, 383rd TRS; Senior Airman Howard

Bensinger, 365th TRS; Senior Airman Dustin S. Garcia, 362nd TRS.

Senior Airman Dwain Hill, 82nd Civil Engineer Squadron; Senior Airman Jeffrey Keast, 82nd Security Forces Squadron; Senior Airman Matthew Osbourne,

80th Operations Support Squadron; Senior Airman Joshua Robinson, 364th TRS.

Senior Airman Joseph Skinner, 362nd TRS; Senior Airman John P. Stigall, 362nd TRS; and Senior Airman Catherine N. Sundberg, 82nd Medical Support Squadron.

Correction

In last week's issue of the Sheppard Senator about the Embry-Riddle Aeronautical University graduation, the last name of a student was not

printed. First Lt. Kathryn Richardson received a safety certificate.

We apologize for any inconveniences.



For a current observation of Sheppard weather, call 855-9045.

For forecasts, warnings, watches and advisories in the area, call 6-6995.

The 82nd Training Wing Internet weather page can be found at <https://26ows.barksdale.af.mil/sheppard/>.



Photos courtesy of the American Society of Military Comptrollers

Right, Henrietta High School-student Charly Jackson, center, was one of two regional winners of the American Society of Military Comptrollers Red River Chapter \$500 scholarships. Union Square Federal Credit Union in Wichita Falls was a partner in the scholarship. Also pictured are, from left to right, 1st Lt. Robert Clay, 82nd Comptroller Squadron, Jeff Karth, 82nd CPTS and president of the ASMC Red River Chapter, Ms. Jackson's mother, and Rick Hanson, vice president of Union Square Federal Credit Union.

College bound

Left, Aterrel Willis, a graduate of Wichita Falls High School, holds a certificate that declares him as one of two regional awardees of an American Society of Military Comptrollers Red River Chapter \$500 scholarship. The Sheppard Bank was a partner in awarding the scholarship. Mr. Willis plans to attend Morehouse College in Atlanta. Also pictured are, from left to right, Jeff Karth, 82nd Comptroller Squadron and president of the ASMC Red River Chapter, Mr. Willis's mother, and Carla Barton, vice president of Sheppard Bank.



CONVOY

Continued from Page 1



Photo by Tech. Sgt. Scott Reed

Airman assigned to the 2632nd Air Expeditionary Force Transportation Company have gone through extensive training to handle the demands of convoy missions with the Army, including how to perform during combat situations.

"The secretary of defense had directed us to develop joint solutions that ensured the combatant commander had the forces necessary to meet operational needs," the chief said. To prepare for the mission, the first rotation of vehicle operators underwent six to eight weeks of training. The training was somewhat informal and unstructured, since it was a first for the Air Force, the chief said.

"To remedy that situation for the next rotation and better prepare our Airmen for combat operations, Air Education and Training Command (officials) stood up the Basic Combat Convoy Course, a formal three-week course at Lackland AFB (Texas)," he said.

As soon as the operators complete the course, they will form into units of about 150 Airmen and deploy to Kuwait for convoy live-fire training.

"As part of the convoy live-fire training, they go through a block of training known as close-quarter marksmanship,

where they are firing a weapon while on the move," Chief Tate said. "You're 5 feet from your battle buddy. When you feel the muzzle blast from an M-16 on the back of your neck, (it) raises your hackles, but it's necessary for developing an Airman's confidence in his or her teammates and handling his or her weapon.

"You don't have any choice but to trust your teammates because not only are you depending on (them, they are) depending on you," he said.

Training also focused on developing "muscle memory," where Airmen are trained to respond to a situation without an extensive thought process.

Once fully trained, vehicle operators deploy into Iraq for a six-month rotation, Chief Tate said. To supply the number of drivers needed, the vehicle operations career field is surging two air and space expeditionary force "buckets."

Air Force officials have committed about 300 Airmen through March 2006, he said.

AIRMAN

Continued from Page 1

"Sergeant Peters was a devoted patriot and Airman," said Lt. Col. Daniel Hicks, 314th Logistics Readiness Squadron commander.

"Since his arrival at Little Rock Air Force Base, he has been a valued member of our

unit and a close friend to many," Colonel Hicks said. "One thing you could count on (was that) his service to our country and others always came ahead of his own needs and desires. His loss has touched us deeply and we will miss him."

Sergeant Peters departed for Southwest Asia in February for a 179-day tour, his fourth deployment since arriving at Little Rock Air Force Base.

A private memorial service was held Thursday.

WHITMORE

Continued from Page 1

"Three other Airmen came running into the mine field, took this young man, put him in a safe area on a paved road and applied self-aid buddy care. They basically saved his life," he recounted. "The doctor at the field hospital told me if those wingmen hadn't jumped in there and performed self-aid buddy care, the Airman would have died."

When asked about his first impression of Sheppard, without pause he said he was impressed by the size and the broad scope of training at the base.

"I didn't realize we did more than half of the training for the

Air Force," he said.

The general said he was also impressed with the great relationship between Sheppard and the Wichita Falls community and the hospitality the downtown leaders have shown him.

"One of my goals is to make sure we foster that relationship with our downtown partners," he said. "They are American taxpayers and we are their Air Force."

On a more personal note, General Whitmore expressed his family's excitement about joining this community.



Photo by Airman 1st Class Jacques Lickteig

Brig. Gen. James Whitmore, 82nd Training Wing commander, gestures during a recent officer's call.

added essential information from lessons learned from operations Iraqi Freedom and Enduring Freedom, or any other items they found to be important over past five years," Mr. Prier said.

The team visited Lackland AFB, Texas, to test the draft manual on basic training graduates who recently completed Warrior Week.

Every bluesuiter will get a copy of the manual, with deployed and deploying Airmen getting their copies first through their unit deployment managers. Certain emergency-essential civilians and contractors will also get them.

"It's weather-proof, tear-resistant and just about indestructible," Mr. Epstein said. "It's a great medium for this compilation of existing war skills tactics, techniques and procedures."

MANUAL

Continued from Page 1

let that fits into the battle dress uniform pants cargo pocket.

Another important feature is the addition of about 20 pages of potential life-saving information, Steve Prier said. He is the Full Spectrum Threat Response publication manager and program manager for the Airman's Manual at the Air Force Civil Engineer Support Agency at Tyndall Air Force Base, Fla. The section is tabbed, in easy-to-read simple text, and states specific "need-to-know-now" actions such as post-attack and shelter-in-place actions, weapons jam procedures, self-aid and buddy care and how to identify unexploded ordnance. It can even be read using night-vision goggles.

"The experts reviewed each section to ensure accuracy, then

Therapists get hands on occupational medicine

By Carolyn Knothe
Base public communications

Occupational therapists at the 82nd Medical Group have a pretty firm grasp on handling ailments “from shoulder to fingertip.”

“But we’re more than just hands,” added Capt. Deanna Pekarek, chief of the Occupational Therapy Clinic here.

Although most people have heard of physical therapy, very fewer have heard of Occupational Therapy.

Captain Pekarek said the career field originally started in the military after World War II to help get shell-shocked or injured soldiers back into civilian life.

“We define ‘occupation’ as anything you do in life that occupies your time,” she said. “This could be meaningful or purposeful – walking, hobbies, anything.”

The goal of occupational therapy is to restore normal motor functions to independent function and maximize their efforts.

“We want to get individuals functioning independently, without assistance from other



Photo by Carolyn Knothe
Staff Sgt. Gene Truman, occupational therapy assistant from the 82nd Medical Operations Squadron, prepares a fluidotherapy machine, which contains warm corn husk particles, for use.

people.” Senior Airman Bingham, a therapist in the clinic, said. “Things that most people take for granted (such as opening a door or a jar, for example, become difficult after an injury.”

Captain Pekarek said the smallest movements can be so vital to everyday life.

“For example, hand supination, or the turning over of the hand, is such a small movement that we don’t even notice it,” she said. “But we do it when getting change, patting a baby or shaking hands.”

Losing this movement can be a challenge to adapt to, but occupational therapy has a variety of services that can help any injury.

The clinic provides education about the injury and exercises to improve it, adaptation to an injury, treatment and even mental health counseling to

achieve this goal.

“Here at Sheppard we don’t have a huge mental health role,” Captain Pekarek said, “but we help people develop problem-solving skills, analyzing and setting goals and teaching different techniques to accomplish everyday activities.”

Physical treatment for an injury can include splint-making, ultrasound to reduce swelling or even the administration of pain medication using electricity. Patients are also instructed in new ways to sit, stand and sleep if it will help reduce their injury.

For example, carpal tunnel syndrome is caused when a nerve in the hand is compressed, causing tingling and numbness in the hand. Wearing a splint, avoiding pressure on the nerve or not sleeping with the hands tucked into the body can reduce the symptoms.

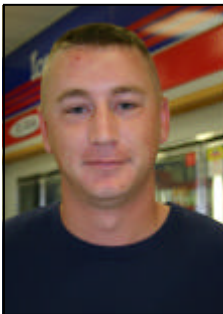
Soundoff
What’s your favorite activity in the Wichita Falls area?



“Golf at Wind Creek Golf Course,” Ben Winsor, retired Army sergeant



“Swim at the pool,” Airman Kylie Imhof, 362nd TRS



“The hockey games,” Staff Sgt. Nicholas McCoy, 362nd TRS



“Graham’s,” Army Sgt. Kenneth Stewart, 82nd SFS

U.S. AIR FORCE

Air Force Parent Pin Program

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In FILM



The Chronicles of Riddick (PG-13)

Today at 6:30 p.m.
Saturday at 4:30 p.m.
Sunday at 2 p.m.
Thursday at 7 p.m.
Vin Diesel, Colm Feore - Riddick finds himself caught in the middle of a galactic war.



Harry Potter and the Prisoner of Azkaban (PG)

Today at 9 p.m.
Saturday at 7 p.m.
Sunday at 4:30 p.m.
Daniel Radcliffe, Emma Watson, Gary Oldman - Harry faces a "dangerous mass murderer", Sirius Black.



The Stepford Wives (PG-13)

Saturday at 2 p.m.
Nicole Kidman, Matthew Broderick - Stepford has a secret: all of the wives are way too perfect, and all of the husbands are way too happy.

Community

Nature hike

A nature hike is taking place at Lake Texoma Annex Saturday beginning at 10:30 a.m. Learn about the various plant and animal life and natural resources around the area. Call (903) 523 - 4613 for more information.

Club activities

Comedy night

The enlisted club will host a comedy night tonight followe

by an all-night party beginning at 9 p.m. The doors will open at 8 p.m. The cost is \$5 for members and \$10 for non-members. For more information, call 6-2083.

Sunday brunch

The officers club will host a brunch Sunday from 10:30 a.m. to 1 p.m. The cost is \$10.95 for members and \$12.95 for non-members. All ranks are welcome. For more information, call 6-6460.

Boss, buddy night

Sheppard Spotlight 15 lines of fame

- 1. Name:** Stacy Michalski
- 2. Rank:** technical sergeant
- 3. Organization and position:** 82nd Training Wing, noncommissioned officer in charge of wing administration
- 4. Most rewarding aspect of your job:** Supporting the wing commander and vice commander.
- 5. Why did you join the Air Force?** College and to be able to travel outside of the United States.
- 6. Favorite Air Force assignment:** Lajes Field, Azores.
- 7. Date arrived at Sheppard:** November, 1997.
- 8. Hometown:** Kunkletown, Penn.
- 9. Married or single (include your family if you'd like):** Happily married to Tech. Sgt.

Mark Michalski for 16 years with two great children – Kayla, 13, and Chad, 10.

10. Favorite thing(s) to do in your free time: Spend time with my family.

11. Funniest childhood memory: I had a great childhood with a great family and great friends.

12. Favorite book or movie: Book: The Harry Potter series. Movie: "Sixteen Candles".

13. Dream vacation: An all-inclusive stay at a hotel in the Caribbean with crystal blue beaches and a bar at the pool.

14. If you could be anyone for one day, who would you be? Donna Strauss, founder and owner of Parkettes gymnastics and women's olympic

gymnastic team coach.

15. Other than your family, what is your most prized possession? My wedding ring.



The enlisted club will host a boss and buddy night Thursday from 5:30 to 8 p.m. Call 6-2083 for more information.

Chapel schedule

Catholic services

Confession by appointment only

Sunday

Mass: 9 a.m. (south chapel) and noon (Solid Rock Cafe) and 5 p.m. (south chapel)

Daily Mass

Tuesday, Wednesday and Thursday: 11:30 a.m. (south chapel)

Protestant services
Sunday

10:30 a.m. Community Worship (Bldg. 1900) 10:30 a.m. Inspirational Gospel Worship (south chapel) 10:30 a.m. Holy Communion Worship (Solid Rock Cafe)

Protestant Parish Ministries

Protestant Men of the Chapel: Saturday, 6:30 a.m. (south chapel) Weekday Bible studies: Tuesday, 6 p.m. and Thursday, noon, (south chapel)

Protestant Religious education

Adult religious education, 9 a.m. (Bldg. 962) Tuesday Bible study, 6 p.m. (south chapel) Thursday, noon Bible Study, lunch provided (south chapel)

PWOC Thursday Bible study, 6 p.m. PMOC Tuesday Bible study, 6 a.m. For more information about the chapel, call 6-4370.

Student stuff

FITS

Saturday – 3-on-3 basketball will begin at 10 a.m. at the north fitness center. For more information, call 6-6336.

Student ministry

Solid Rock Cafe (Bldg. 450)

Monday through Thursday, 7:30 a.m. to 9:30 p.m. Friday,

7:30 a.m. to 11:30 p.m. Saturday, 1 to 11:30 p.m., Sunday, 1 to 9:30 p.m. Sunday Protestant Bible study, 4 p.m. Contemporary Praise Worship Service, 5 p.m. Holy Communion Worship, 10:30 a.m. Praise and Prayer, Wednesday, 8 p.m. Students Awaiting Training classes, Tuesday and Thursday, 8:15 to 10 a.m. Chapel Ropes Meeting, Tuesday, 11 a.m. to noon and 4:15 to 5 p.m. Parents and Tots, Monday, 1:30 to 3:30 p.m. and Wednesday, 10 to 11 a.m. Praise Band Rehearsal, Saturday, 10 a.m. to noon. Solid Rock Saturday Meal, 6:15 p.m.

Sheppard Senator

Brig. Gen. James Whitmore, 82nd Training Wing commander

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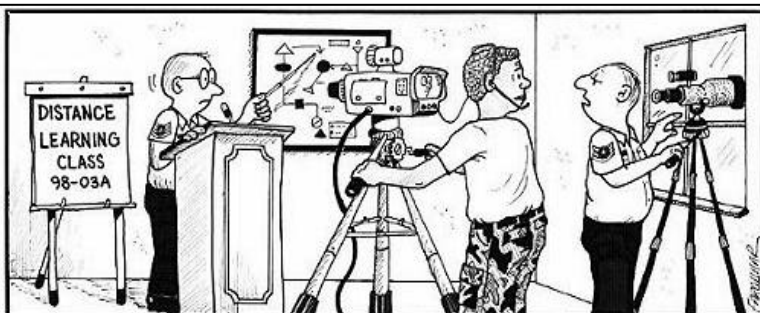
Airman 1st Class Jacque Lickteig, Staff writer



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LOOKS LIKE WE HAVE SOMEONE WITH A QUESTION IN SOUTH DAKOTA.

Safety Corner

Grilling safety tips

Here's how to make sure that starting a fire or getting burned isn't on the menu.

- Keep your grill at least three feet away from your house, porch, shed, trees or bushes.
- Use starter fluid that is made for specially for barbecue grills. Follow the instructions about how to apply and light it.
- Don't squirt starter fluid on a fire after you've already tried to start it.
- Never use gasoline to try to start or restart charcoal. Gasoline is incredibly explosive and dangerous.
- If you have a gas grill, make sure you read and follow the instructions about how to use and store it.
- Make sure the valves work and that you are completely familiar with how to use them and with their purpose. Make sure they are off when you aren't using the grill.
- Store gas cylinders outside and keep them away from buildings.
- If your gas-grill is in need of repair, take it to an authorized dealer or repair shop.
- Keep children away from the grill both while you are cooking, and after you finish while the grill is still hot and when hot coals remain.
- Don't leave lit grills unattended.



AF Best Practices Clearinghouse

A knowledge sharing system

By Shirley Carrizo
82nd Training Wing Manpower Office

You may have heard about the Air Force Best Practices Clearinghouse and wondered, "What is it?" The Best Practices Clearinghouse is a knowledge sharing system and it is also an Air Force-wide repository for best practices. Best practices are proven superior methods or innovative approaches that contribute to the improved performance of a process. "Best" may be based on several factors but not limited to: expert review, results are clearly superior to those of comparative organizations, results are "break-through" in efficiency/ effectiveness (high return on investment), multiple sources agree the practice is superior; use of the latest technology or high number of satisfied repeated customers. Best Practices Clearinghouse came from the 1995 Major Command Commanders Conference, which identified the need to share success stories throughout the Air Force. An Air Force Chief of Staff memorandum tasked the Air Force Quality Institute with developing the system. The concept was designed into a system, which was developed by the Air Force Center for Quality and Management Innovation (AFCQMI) formed when it integrated with AFQI, and was launched on its web site in 1999. The system primarily emphasizes best practices and is known as the Air Force Best Practices Clearinghouse. The Best Practices Clearinghouse has been up and running for almost four years with more than 39,000 people who have accessed the site, with over 692 best practices in its database. The site is designed to share best practices across the entire federal sector by allowing all .mil domains access to it. It was designed for anyone to submit best practices as long as the submission and validation requirements outlined in Air Force Instructions 90-1102, Performance Management and Air Force Handbook 38-210, Air Force Best Practices Clearinghouse, were followed. Best Practices Clearinghouse has proven to be an invaluable tool in the use and sharing of Air Force-wide best practices. The site is widely recognized as a knowledge-sharing system and currently resides on the Air Force Manpower Agency web site at https://www.afmia.randolph.af.mil/mip/mipi/AF_Best_Practices/index.htm. For further assistance with best practice submissions please contact the manpower office at ext. 6-4437.

Making a commitment to our Airmen

By Gen. John Jumper
Air Force Chief of Staff

The foundation of our Air Force is our people. Caring for them and their families remains one of our highest priorities. One way we're making good on that commitment is by providing safe and affordable housing. We are committed to providing our Airmen the quality of housing that is commensurate with the society they protect. Through privatization, increases in the basic allowance for housing (BAH), and a new dorm standard, we are combating the problems of inadequate housing. There is a myth out there that the new ways of doing business mean that we have abandoned our commitment to ensuring all Air Force members have access to adequate and affordable housing. Let me assure you that nothing is further from the truth. Secretary Roche and I are committed to ensuring all Air Force members have access to safe, adequate and affordable housing either in the local community or on our installations. Providing housing options in the local community is our first target. Since 2000, we have reduced the average out of pocket expenses for members from 18.9 percent of the cost of housing to 3.5 percent today through annual increases in BAH. We are on track to eliminate these out-of-pocket expenses by next year. These out-of-pocket expenses affect many of the nearly 60 percent of Air Force families who live off base. Through these increases to BAH, you will have a wider range of affordable housing options in your local community. We are also aggressively targeting the problem of inadequate housing on base. At the beginning of this fiscal year, there were 40,000 inadequate military family housing units, but we plan to eliminate these through partnerships with private developers and military construction projects. Through a process we call "privatization," we partner with private developers

who will build and maintain housing units for Air Force families. These partnership arrangements allow us to provide quality homes more quickly than we can through traditional military constructions. As of today, we have already built 4,934 new homes through privatization. By 2007, we will have eliminated all inadequate housing units in the CONUS, and two years later, we will have eliminated inadequate units overseas. Secretary Roche and I view the increased use of privatization as key to meeting these goals so we are working with private developers when it makes sense to do so. In cases where privatization is neither feasible nor cost effective, we will use traditional military construction programs. We also tripled our investment in Air Force-owned housing and improved the size standards to ensure our on-base homes are comparable in size and quality to modern homes available in the local community. Although we may use developers to construct, maintain and operate military family housing, we have not outsourced our responsibility for the welfare of our Air Force families. We have been and always will be committed to providing the best available housing options for our members – but our methods for achieving this goal have changed. These new methods provide greater flexibility to satisfy our housing needs. Increases in BAH provide our members greater flexibility to find housing off base. For on-base housing requirements, privatization provides us greater flexibility to build and renovate quality units, while ensuring that the contractors are responsive to the needs of residents. Currently, we have privatized over 6,000 units, and have a very high rate of resident satisfaction. Over the next three years, we plan to privatize a total of 45,000 units. In many cases, the privatized housing is on base property, or just outside the base, making it as convenient as traditional base housing. Privatization is one tool that enables us to provide quality housing to meet your needs.

We are equally committed to providing a quality living environment for our young unaccompanied Airmen. We currently have a shortage of nearly 2,400 rooms, but we are making great strides in filling that gap. From fiscal year 1996 through this year, we have spent \$1.3 billion in military construction money for new dormitories, and we plan to spend an additional \$735 million over the next five years. With this money, we will eliminate our room deficit and develop an improved room standard called Dorms-4-Airmen. This improved design provides a larger living/sleeping area and a private bathroom in each room. In addition, the new design improves social interaction by connecting four living/sleeping areas to a large living room and kitchen. Each living room/kitchen area will also have a washer/dryer available to the four occupants. We are also addressing dormitories for technical training. Currently we have a technical training dorm deficit of over 29 percent, with 40 percent of our existing technical training dorms having three students in rooms designed for two. However, this deficit will be eliminated by 2009, as we build new dorms each year for the next five years. We have already completed construction of eight new technical training dorms in the last five years and have three new dorms under construction today. Even as we fight the war on terrorism, we have not lost focus on the importance of quality of life for our Airmen. Providing adequate housing allows Airmen to focus on the mission, knowing that their families have a safe place to live. Ours is the greatest Air Force in the world because of the remarkable people we attract and retain. The old adage that "we recruit individuals, we retain families" has never been more true. I am extremely proud of the progress we have made in our housing program as we strive to make it worthy of the outstanding men and women who make our Air Force the world's best.



Photo by Senior Airman Joshua Strang

Preparing to cope

EIELSON AIR FORCE BASE, Alaska – Airman 1st Class Trevor Smith, from the 354th Logistics Readiness Squadron, fuels a GR-1 Jaguar from the Indian air force. The Indian air

force is one group taking part in Cooperative Cope Thunder 04-01 which began Thursday. CCT is a combat-operations exercise involving aircraft from several services and nations.

Action lines

Housing policies
Question: I have noticed that even though there is a watering policy, many people are still watering their lawns. I realize that fertilizer was just put down, but people were breaking the rules before that. When we call this in to the housing office, we're told, "Well if we see them we will give them a citation." When I ask who tells corrects people after you close, they say, "You have to call security forces." When we call security forces, they say, "That's not our job, it is the

housing office's job." So, if most of Wherry housing is missing water, we should all be allowed since nobody cares what the general says. Sometimes we make complaints about breaking the rules in housing and most of the time no one seems to care. Example: everyone was issued a letter regarding pet control. More than one of my neighbors decided they didn't fall in the same category as everyone else and didn't even follow it. After a while, you just don't care either (since I always seem to get the

run around). It would be nice to see a patrol car in the evenings around Wherry Housing; then you would see who doesn't care about watering restrictions. On the weekends, I see a lot of people washing their vehicles on base too. Answer: First, thank you for caring and submitting your concerns. You can be assured we care and are concerned with both water conservation and pet control. The housing office strictly enforces

watering policies and has issued numerous citations for water and other violations. For grounds issues to include watering, the maximum number of ticket citations is four. After receiving the final ticket, the occupants must make the case to the 82nd Mission Support Group commander as to why they should be allowed to remain in base housing. Unfortunately, we can't monitor this 24/7 and rely on the integrity of housing occupants at night to follow the rules. Our security forces do have manning chal-

lenges; however, please call the law enforcement desk after duty hours to report any violations and they will pass on the information to the housing office the next duty day. We are also concerned with pet control issues and again strictly enforce them. Members who are breaking the rules are taking a chance that they or their pet may be asked to move off base. For pet issues, the maximum number of ticket citations is three. In pet cases, the occupants may remain in housing if they remove the pet from base.

Again, we cannot monitor 24/7 but would hope that people would act responsibly and follow the rules. Those who break the rules consistently will be ticketed, and if they continue to receive tickets, must leave housing or give up their pet.

Submit your questions and concerns to action.line@sheppard.af.mil or call 6-2000.
Your submission may be printed in The Sheppard Senator.

Shoe care is vital to staying fit to fight



Sheppard Sports



Airmen take top honors at powerlifting championship

See Page 3B

See Page 3B

Vol. 57, No. 28 July 16, 2004

Fitness centers seeing the picture

By Senior Airman Chris Powell
Senator sports editor

Visitors to Sheppard's north and south fitness centers were in for a suprise recently when 65 televisions were installed for personal viewing.

Users can watch cable TV, DVDs or listen to their own CDs while working out.

The TVs are installed in the main area of the fitness center on the treadmills and the Natural Runner machines.

"I really like the new TVs alot," said Angela Baker, a Sheppard spouse. "They are really great, but the first time I came, I didn't know that I needed headphones."

Hearing good reviews like that is something that the fitness center staff has been getting from the time the tvs were installed.

"Our customers think this is an outstanding quality-of-life improvement," said Master Sgt. Richard Garnett, fitness center manager.

Those quality-of-life improvements are continuing, too. "We plan to expand the (area) for the spin class," Sergeant Garnett said.

The system was installed June 28 by Cardio Theater and cost approximately \$75,000.



Photo by Senior Airman Chris Powell

Team Sheppard members work out on the treadmills while watching TV on the newly-installed tvs at the south fighness center Thursday. Cardio Theater installed 65 new TVs June 28.

Sports Briefing

Seabee Golf Tournament

The Seabee Golf Tournament is July 30 at 1 p.m. at the Wind Creek Golf Course.

The green fee costs \$25. The proceeds will go to the Seabee Ball.

There will be prizes awarded for first place team, longest drive, closest to the pin and longest putt.

To RSVP, e-mail james.walker@sheppard.af.mil.

5th Avenue to close for physical readiness training

Non-prior service Airmen will be having physical readiness training on the new one-mile track east of Ave K every Monday, Wednesday, and Thursday.

During that time, 5th Ave will be closed to traffic from Ave F to Ave K to march Airmen to the track.

Traffic will also be unable to cross 5th Ave from Ave F to Ave K. The street will reopen once all Airmen are safely on the track and will again shut down to march the Airmen back to their squadrons.

Below are the morning and afternoon road closure times:

Morning : 9 to 9:20 a.m. and 10:10 to 10:40 a.m.

Afternoon: 5 to 5:20 p.m. and 6:10 to 6:40 p.m.

While PRT is being conducted for NPS Airmen, the 1-mile track will be closed to the rest of the base personnel. Also, when 5th Ave is shut down during the times listed above, no vehicles will be able to exit the post office.

If you have questions concerning the PRT program, call 6-6102 or 6-5412.

Better Ball golf tourney

A Two Person Better Ball Tournament will be held at Wind Creek Golf Course July 17 with a shotgun start at 8 a.m.

The cost is \$25.00 plus green fees which includes breakfast, lunch, cart and prize fund.

Dallas Cowboys tickets on sale at ITT

Tickets are on sale \$38 for the upcoming Dallas Cowboy season. Seat locations are on the upper level corners and/or end zones.

Ticket orders are on a first come, first serve basis.

Acceptable payment methods are cash, check or club card. Payment is due when an order is placed.

Games available include: Cleveland, Sept. 19; New York Giants, Oct. 10; Pittsburgh, Oct. 17; Detroit, Oct. 31; Philadelphia, Nov. 15; Chicago, Nov. 25; New Orleans, Dec. 12; and Washington, Dec. 26.

Phone orders are accepted using Visa or Mastercards with a \$1.50 phone order fee per ticket and \$2 processing fee.



Courtesy photo

Lt. Col. Bill Roy is ranked first in the U.S. team trials and will probably make the Olympic team. He's been competing since 1979 after he took up the sport when he saw an advertisement for free shooting.

His sights are set

Colonel shoots his way to the Olympics

By Tech. Sgt. Mark Kinkade
Airman Magazine

It all started with an advertisement at the Air Force Academy and may culminate in Olympic gold.

In his third year as a cadet at the Air Force Academy, Lt. Col. Bill Roy saw an advertisement reading simply "Free Shooting." It turned out that he was trying out for the cadet skeet and trap team.

He made the 1979 team and has been shooting ever since, rising in world class ranks to become one of the top skeet shooters in the world. Since then, Colonel Roy — An Air Force reservist working in North American Aerospace Defense Command's history section at Peterson Air Force Base, Colo. — has competed in five world championships, three Pan Am Games and the 1996 Olympics. Now he's set to make a run at the gold again.

Although he grew up hunting and shooting, he credits the World Class Athlete Program with making him a bet-

ter competitor and shooter. The program helps the colonel balance a busy life, family, two careers and his Olympic goals by allowing him to devote up to eight hours a day five times a week to shooting. In a typical day, he'll fire off 750 rounds, do some physical conditioning and work on "mental conditioning."

"In this sport, we are our own biggest competitors," he said. "Since we're not grappling hand-to-hand or face-to-face as in many other sports, we must learn to defeat the inner demons of self-doubt that beset us all."

Currently, the colonel is ranked first in the U.S. team trials, with a good chance for making the Olympic team. And if he doesn't do as well as he believes he can, there's always another Olympics down the road.

"I have several Olympic goals, the foremost of which is to win an Olympic gold medal," he said. "I reckon I'll keep trying to make Olympic teams until I reach my goal."

Follow Colonel Roy's journey to the Olympics at www.usashooting.com.

Soldiers preparing to compete in Olympics

By Paula J. Randall Pagán
Special to American Forces Press Service

FORT BENNING, Ga., — When the Olympic torch lights the flame at the 2004 Games in Athens, eight U.S. Army Marksmanship Unit soldiers and four other current and retired service members will be there to see it.

Seven shooters and a gunsmith from the Army Marksmanship Unit will march with the U.S. Olympic Team in the Opening Ceremony Aug. 13 at 2 p.m. Athens time.

USA Shooting conducted Olympic selection matches on Fort Benning's Hook Range, Phillips Range and at the Pool International Shooting Complex Sept. 21 to 29, March 17 to 27, and May 20 to June 3. Seven Fort Benning soldiers won 10 slots on the U.S. Olympic shooting team.

This will be Maj. Michael E. Anti's third Olympics. The 39-year-old will compete in the men's three-position free rifle and prone rifle

competitions. He shot in the 1992 and 2000 Olympics, finishing in 9th place in 2000 in the three-position rifle competition and in 18th place in 1992 in the prone rifle event. He won a 2004 Olympic quota slot in three-position free rifle for the United States at the 2002 World Championships.

"I have been to the Olympics before, so I know what to expect," Anti said. "If I stay focused and shoot my match, I will be successful."

"You can never fully prepare yourself for your first Olympic experience," he added. "It is bigger than I could imagine; there is electricity in the air that I cannot explain."

Anti, an infantry officer from Winterville, N.C., is attached to the USAMU through the World Class Athlete Program. He and his wife, Anne, live at Fort Benning with their two sons, Matthew, 10, and William, 7.

Spc. Hattie J. Johnson, 22, from Athol, Idaho, will compete in women's air rifle in Athens. She is a six-time Idaho and Washington state

sport rifle and air rifle champion and the 2002 300-meter sport rifle three-position and prone interservice champion. Johnson joined the Army in 2000 right out of high school, and is a combat medic.

"Match jitters will definitely be the hardest part for me," she said. "I have only competed in a World Cup once, so this, by far, will be my biggest competition ever. To achieve my goal, I need to train hard, stay focused and have confidence."

Formed in 1956 by President Dwight D. Eisenhower to raise the standards of marksmanship throughout the U.S. Army, the Army Marksmanship Unit is assigned to the Accessions Support Brigade of Fort Knox, Ky.

The Marksmanship Unit trains its soldiers to win competitions and enhances combat readiness through train-the-trainer clinics, research and development. The world-class soldier-athletes of the USAMU also promote the Army and assist recruiters in attracting young Americans to enlist in the Army.

Marine wrestles with Olympic dream

Story by Lance Cpl. Lance and
Cpl. Justin J. Shemanski
MCRD Parris Island

MCRD/ERR PARRIS ISLAND, S.C. — Each year, hundreds of young men and women from across the country enlist in the Marine Corps for any number of reasons.

Some do it to serve their country, some do for the steady paycheck and some do it simply for the experience. But, there are a select few who sign the dotted line with aspirations of playing a sport in the Marine Corps.

One of these athletes-come-Marine is Cpl. Matt Goodman, WFTBn, food service liaison. Besides his duties with food services, Goodman is also a member of the All-Marine Wrestling Team.

Goodman enlisted while he was still in high school with hopes of making the cut. "I've been wrestling for about nine years now ... since eighth grade," said Goodman, a native of Cleveland, N.C. "It's really a great sport. I like wrestling because you're all by yourself out on the mats and if you mess up and lose, there's no one else to blame but yourself."

Goodman said wrestling was the reason he joined the Marine Corps.

"I wrestled in high school and the recruiters came in to talk to people one day," he said. "They came up to me and said, 'Hey, did you know you can wrestle for the Marine Corps?' They told me a little bit about what I could do and it sounded good, so I signed up."

Since he made the team nearly two years ago, Goodman has had his fair share of victories. Among other highlights, he took first place at the North Carolina State Championships, went to the 2004 Olympic trials and recently finished in the top ten at the University Nationals held in Chicago.

In each tournament, Goodman wrestles any number of different opponents including members of other branches of service, college athletes and even other Marines.

"It's pretty tough out there," said Goodman. "One of the hardest teams to beat is the Army. Every wrestler on their team is ranked top-ten in the nation ... they beat the Marines every year."

To keep in shape, Goodman heads to the gym several times a week to make sure he is in peak physical condition and will be able to fend off the occasional soldier at the tournaments. He also practices his technique with anyone who will hit the mats with him.

Corporal Steve Perez, maintenance supply non-commissioned officer, has known Goodman since he arrived to Parris Island nearly two years ago and is proud of his friend and roommate's accomplishments with the team.

"I think he's an essential part of the Marine Corps Wrestling Team," said Perez. "Sometimes I'll practice with him if he needs to work on something. It's tiring and can be painful, but I think it's worth it. It prepares him and makes him look good at the matches ... I wouldn't do it for just anyone."

To try out for the All-Marine Wrestling Team, a wrestler must first receive a command endorsement to be allowed to take temporary assigned duty in Quantico, Va., to participate in the team trials. To reserve a spot in the trials, a "wrestling resume" of experience must to be submitted via fax to the team's coach, Maj. Jay Antonelli. If all works out, the applicant will be contacted with an invitation to the tryouts.

Bowling

For more information, call 6-2170.

North lanes closed on Wednesday nights

The north lanes bowling alley will closed Wednesday's nights for summer.

It will be re-opened Sept. 7 for the fall bowling schedule.

Combo bowling held every Thursday

Combo bowling will be held every Thursday at 12:30 p.m. at the south lanes.

For more information, call Donna Dobbins at 569-2430 or Vivian Umlah at 569-1619.

Rock It Bowl at the north lanes

A glow-in-the-dark Rock It Bowl takes place every Friday and Saturday night from 5 to 11 p.m. at the north lanes.

Birthday parties at the south

To bowl at a birthday party at the south bowling lanes costs \$1.50 per game and \$1 for shoes.

Attendants are allowed to bring in a cake or ice cream but any drinks or any other food items have to be purchased from the snack bar.

Birthday parties at the north

To bowl at a Glow Bowling birthday party at the north fitness center costs \$2

per game and \$1 for shoes.

Attendants are allowed to bring in a cake or ice cream but any drinks or other food items have to be purchased from the snack bar.

Community center

For more information, call 6-3866.

Jeet Kune Do classes

There are Jeet Kune Do classes from 2 to 4 p.m. Sundays at the community activity center.

Cost is \$35 per month.

Tang Soo Do classes

There are Tang Soo Do classes from 6:30 to 8 p.m. Mondays and Wednesdays for people ages 7 and older. Cost is \$25 for adult members and \$20 for children members.

The cost for children who are non-members is \$25.

Call 6-6826 for more information.

Pool tournament

The pool tournament is at 2 p.m. Saturday at the community activity center.

Trophies will be awarded to first and second-place winners.

Table tennis tournament

The table tennis tournament is at 5 p.m. the second Saturday of every month. Cost is \$2.

Trophies will be awarded to first and second-place winners.

Chess tournament

The chess tournament is at 10 a.m. the last Saturday of every month.

Trophies will be awarded to first and second-place winners.

Fitness center

For more information, call 6-2972.

Aerobics at the north

All aerobics classes will be held at the new fitness center.

Push it to the Max

Push it to the Max is a free program that's designed to teach people how to do correct push ups and will improve push up ability.

The program is from 5:30 to 7 a.m. Tuesdays in the aerobic room at the south fitness center.

Air Force cycling program

This program is designed to promote cycling as a life-long recreational activity that supports personal fitness goals.

For more information, contact Tech. Sgt. Moffett at 6 - 2972.

Spinning at the south fitness center

Spinning classes are at 4:30 p.m. weekdays at the south fitness center.

Aerobiccenter offers classes

The aerobiccenter, located in the main fitness center, offers coed aerobics classes seven days a week.

Abdominal class

Monday, Wednesday and Friday at 11 a.m.

Cardio blast

Monday at 7:15 a.m.

Step aerobics

Tuesday and Thursday at 5:15 a.m.

Body pump

Monday at 6 p.m.
Tuesday and Thursday at 9:15 a.m.

Thursday and Saturday at 11:30 a.m.

Wednesday at 6 p.m.

Yoga and pilates

Monday and Wednesday at 10:15 a.m.

Wednesday at 5 p.m.

Thursday at 6 p.m.

Saturday at 3 p.m.

Sunday at 4 p.m.

Basic step

Monday, Wednesday and Friday at 7 p.m.
Sunday at 2 p.m.

Kickboxing

Tuesday and Thursday at 7 p.m.
Sunday at 3 p.m.

Intermediate step

Saturday at 10:15 a.m.

Advanced step

Monday, Tuesday at 5 p.m.

Combo step

Monday, Wednesday and Friday at 11:30 a.m.

Pool

For more information, call 6-6494.

Lap swimming

People can participate in lap swimming from 10:30 a.m. to 12:30 p.m. until Sept. 24 at the main pool.

For more information, call 6-6494.

Pool passes

The pool passes can be purchased at outdoor recreation, Information Tickets and Travel office and all of the pools.

The individual pass costs \$35 and the family pass pass is \$65.

Water aerobics

The water aerobics class is at noon, 5 and 6:15 p.m. every Monday, Wednesday and Friday at the main pool. The class is free.

Youth center

For more information, call 6-5395.

Youth soccer

Practice for youth soccer begins Aug. 23 at the youth sports complex.

Registration is weekdays from 10 a.m. to 5 p.m. Cost is \$30 for members and \$35 for non-members.

There are three divisions for children in different age groups. Division one is for 5 to 6 year olds, Division 2 for 7 to 8 year olds and Division 3 for 9 to 10 year olds.

If you have a sports-related idea that you think would make a good article, call 6-1326.

TSTV schedule

Informative, educational and entertaining programming is available 24 hours a day, seven days a week on Team Sheppard TV, channel 14.

In addition to Department of Defense productions, the base public communication office produces local programming exclusively for Team Sheppard.

For more information about TSTV or to share your ideas with the TSTV staff, please contact public communication at 6-1327 or check out our Web site at <http://www.sheppard.af.mil/82trwpa/default.htm>.

Friday March 19

10 a.m. Navy History

5 p.m. Air Force News Special Edition – The Centennial of Flight

9 p.m. In Service for My Country – Sheppard Deploys

Saturday March 20

10 a.m. The Navy Hospital Corps – A Tradition of Honor, Sacrifice and Valor
5 p.m. Air Power Over Kosovo – 21st Century Command and Control

9 p.m. Sound of Freedom: The Berlin Airlift

Sunday March 21

10 a.m. Seal Class 224 – Basic Underwater Demolition

5 p.m. Heroes of Combat Camera

9 p.m. Air Force Story: Chapter 5, 1935-1937

Monday March 22

10 a.m. Flying for Freedom – Women Air Force Service Pilots
5 p.m. The Air Force Assistance Fund – A Commitment to Caring
9 p.m. Air Force Story: The Air War Against Japan

Tuesday March 23

10 a.m. Fifty Years of the Uniform Code of Military Justice
5:00 p.m. In Service for My Country – Sheppard Deploys
9 p.m. Into the Mouth of the Cat: Lance

Sijan

Wednesday March 24

10 a.m. The Air National Guard in the Aerospace Expeditionary Force
5:00 p.m. Sound of Freedom: The Berlin Airlift
9 p.m. Air Force News Special Edition – The Making of an Air Force Recruiter

Thursday March 25

10 a.m. Level I Anti-Terrorism Briefing
5:00 p.m. The Air Force Story: Chapter 5, 1935-1937
9 p.m. Air Force News Special Edition – The Thunderbirds



Courtesy photo

Senior Airman Adrian Jackson from Lackland Air Force Base, Texas, scored first place in his 198-pound weight class with a score of 782.5, beating the military national record at the Amateur Athletic Union Military National Powerlifting Championship June 26 at Little Rock AFB, Ark.

Airmen take top honors at powerlifting championship

By Airman 1st Class Tim Bazar
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LITTLE ROCK AIR FORCE BASE, Ark. (AETCNS) — Two Airmen took home top honors at the 3rd Annual Amateur Athletic Union Military National Powerlifting Championship held here June 26.

Tech. Sgt. Tina Robinson from Keesler Air Force Base, Miss., took top female honors and Senior Airman Adrian Jackson from Lackland AFB, Texas, took top male honors. Airman Jackson also beat the military national record in his 198-pound weight class.

Both also took top honor in the AETC championship held in conjunction with the AAU meet.

Sergeant Robinson lifted a combined weight of 365 pounds, and Airman Jackson lifted a combined 782.5 pounds. Scores were tallied by adding the weight lifted in squat, bench press and dead lift competitions.

Competitors were allowed three chances to lift their maximum in each contest.

"We let them do three lifts for a reason," said Mr. Don Skeel, 314th Services Squadron fitness director and AAU meet director. "The first is really to test a comfortable weight that they know they can handle. The second is really the 'money' lift to try their maximum potential and the third is really there in case they want to try a higher amount or if they have to correct a previous lift. Their best lift counts."

Where contestants place is not a top concern for lifters, Mr. Skeel said.

"Competition allows the participants to see where they stand among their peers and gives them a chance to see where they are in their training program," Mr. Skeel said. "It's not about winning or losing with powerlifters, they are here to compete against themselves."

Shoe care vital to staying fit to fight

Courtesy of the Air Force Services

Runner's World shoe expert, Bob Wischnia, offers advice on getting the most mileage out of your running shoes.

Q: What can I do to extend the life of my running shoes?

A: Take good care of them. Don't store shoes in cold areas (like an unheated garage or porch) during the winter or in direct sunlight during the summer. And don't wear running shoes for other sports such as tennis, soccer or basketball. After running in wet weather, be sure to dry your running shoes (including the insoles) thoroughly by placing them near a heat source. But don't dry them in a dryer.

Q: Will my shoes last longer if I alternate two pairs?

A: Not really. Running shoes aren't like your body; they don't need rest days. Shoes are made of foam and rubber, and daily use doesn't significantly affect their durability. Two exceptions: if you run twice a day, or if you get your shoes wet frequently, then alternating them might be a good idea to let each pair dry out better.

Q: I got more than 500 miles out of one pair of shoes but only 375 out of another. What gives?

A: Different shoes are made from different materials. Some running shoes are

more durable than others because they are made of more durable materials.

The two most important components of any shoe are the midsole and outsole. Midsoles are made from either ethyl vinyl acetate (EVA) or polyurethane. EVA is used in most running shoes because it's lighter and has a more cushioned feel than polyurethane. But polyurethane is denser and more durable than EVA.

Outsoles are made from either blown rubber or carbon rubber. Blown rubber is lighter, cushier and less durable than carbon rubber.

The most durable shoe has a polyurethane midsole and a carbon-rubber outsole. But don't expect this shoe to deliver maximum cushioning and lightness.

Q: Is the shoe's weight a factor in durability?

A: Definitely. Generally, a very light shoe (less than 10 1/2 ounces) is less durable than a heavier shoe. That's one reason racing shoes are not nearly as durable as training shoes.

Q: Are there other factors to consider?

A: All the other factors are related to your individual running attributes and habits. If you're a big runner who trains primarily on roads, your shoe's midsoles and outsoles won't last as long as those of a light runner using the same shoe who

trains primarily on grass and soft trails. Similarly, the more you overpronate (your feet roll too far inward upon impact), the more stress you put on the midsole and upper, and the quicker the shoes will break down.

Q: How do I know when my shoes are worn out and should be replaced?

A: For the reasons mentioned above, it's difficult to give an exact mileage guide. But here are some things you can do: stick your finger into the midsole to see if it feels brittle or compressed, place your shoes on a table and check them for imbalances, such as worn areas or tilting to one side or the other and listen to your aches and pains—they often mean it's time for a new pair of shoes.

Finally, it's important to understand that midsoles usually deteriorate before outsoles. In other words, don't stick with a pair of shoes just because the outsoles seem fine. If the midsoles are shot, it's time for new shoes.

Q: What else can I do?

A: Mileage isn't everything, but some runners use their training logs to track how many miles they run in each pair of shoes they own. Not a bad idea. Other runners write the date of purchase somewhere on the shoe. That way, they know when several months have passed and it's time to start thinking about a new pair.